



Turkey Curry and Crispy Chana Dal with Buttered Cilantro Rice

20 Minutes

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

↻ Swap	↻ Swap	*2 Double
Ground Pork 250 g 500 g	Tofu 1 2	Ground Turkey 500 g 1000 g



Ground Turkey 250 g 500 g	Dal Spice Blend 1 tbsp 2 tbsp
Tikka Sauce ½ cup 1 cup	Basmati Rice ¾ cup 1 ½ cup
Baby Spinach 56 g 113 g	Mirepoix 113 g 227 g
Chana Dal 56 g 112 g	Cream Cheese 1 2
Cilantro 7 g 14 g	Chicken Stock Powder 1 tbsp 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot

1



Cook rice

- Wash and dry all produce.

- Add **rice**, **stock powder** and **1 ¼ cups** (2 ½ cups) **water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

Swap | Tofu

- Meanwhile, heat a large non-stick pan over medium-high heat.
- Strip **leaves** from **cilantro stems**. Thinly slice **stems**, then roughly chop **leaves**, keeping **stems** and **leaves** separate.

3



Cook turkey and veggies

Swap | Ground Pork

Swap | Tofu

×2 Double | Ground Turkey

- When the pan is hot, add **1 tbsp butter** (2 tbsp) then, **mirepoix**, **cilantro stems** and **turkey**. Season with **salt** and **pepper**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**

4



Start tikka sauce

- Add **Dal Spice Blend** to the turkey. Cook, stirring to coat, 1 min.
- Add **tikka sauce** and **cream cheese**. Cook, stirring often, until **cream cheese** melts, 1 min.

5



Finish tikka sauce

- Add **1 cup** (1 ½ cups) **water** to the pan. Cook, stirring often, until **sauce** comes to a simmer.
- When simmering, cook, stirring occasionally, until **sauce** thickens slightly, 5-6 min.
- Add **spinach**. Cook, stirring gently, until **spinach** wilts, 1 min. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Add **cilantro leaves** and **1 tbsp** (2 tbsp) **butter** to the pot with **rice**. Fluff with a fork until **butter** melts.
- Divide **rice** between bowls. Spoon **turkey** and **tikka sauce** over top.
- Sprinkle **chana dal** over curry.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces.

3 | Cook pork and veggies

Swap | Ground Pork

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **turkey****.

3 | Cook tofu and veggies

Swap | Tofu

Cook **tofu** in the same way the recipe instructs you to cook the **turkey**, until golden-brown all over, 6-7 min.

3 | Cook turkey and veggies

×2 Double | Ground Turkey

If you've opted for **double turkey**, cook it in the same way the recipe instructs you to cook the **regular portion of turkey**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 74°C/165°F.